

YOGA MAIL

The Industry Journal For Yoga & Human Potential

PP15266/06/2012(030063)

VOLUME 5 ISSUE 1

COMPLIMENTARY COPY

Jan - Mar 2012 ISSUE



Learn To Teach!
**Enhancing Sexual Health
& Anti Aging (Urdhva Retas)**

**Manipuraka Awakening
& Universal Healing**

**Anatomy & Physiology:
A Must Have Component for
Yoga Instructors and Practitioner**



Message from Master Mani



Master Manisekaran

This New Year begins with some newer realizations especially in the material realms. I do believe right now that the universal force's energy does not differ in either the spiritual or material realms. In fact we could do better to learn more about our inner self by not segregating these so called different realms of *the almighty universal force* or the source. My realizations are very simple and this past year I have discovered that one of the greatest, if not the greatest obstacle against growth, is the *false ego*.

Spending time with children has taught me a lot and I can now see that I am still very much a child inside. How lucky I am to be like this while living in this *false ego* based world and I have made a resolve that no matter what happens, I will continue to grow in this path of bliss, childlike and unaffected by the *false egos* around me. I have been blessed with children who are down to earth, pure and in tune with their inner self. With gratitude all my students are also gifted with this child like qualities; remaining pure and simple, never participating in any harmful gossips.

The greatest resistance so far have come from the *real adults*. Ironically the people closest to you seem to be the ones who pull you down; limiting your every effort to grow, expand, liberate and evolve yourself, your organization and them. On the one hand they seemingly appear to be in support of your efforts but the actual end result is of you being slowed down and with many ideas swept under the carpet.

So what is their agenda? ...Perhaps they do not realise that it is not far from what we see in politicians after their empty promises – an easy life, easy money, less work, working below capacity and sheer laziness. The ones who pull you down may be your parents, siblings, spouse, bosses, colleagues, partners, subordinates, clients, suppliers, even your bankers, teachers or leaders.

And who are the ones who do not? ... the children, the poet, the right brained individual, the reformer, the one who pushes everyone. Yes, do look out for them as they may often go unnoticed or even brushed aside, due to their nature of wanting to know why things are not done, or what needs to be done and how fast to accomplish it, just like our ever dynamic and curious children.

Let me just share with you this: *Life gives us extraordinary situations as opportunities to exercise our bodies and minds to higher potential. Alas, there is an unwillingness to tap into this deep well of potential that we all have.*

Oh, wouldn't it be so easy to tell the unwilling to "wake up!" and tap into the well. And if they don't listen then what are we going to do about it? To change someone else is virtually impossible and I have always advocated self change. Yes, *self change does work!* But only for those who are childlike, whereas the ones who are not will continue to hoodwink us or eventually leave. Staying on to change oneself is better than leaving. It makes one stronger by letting go of the *false ego*.

So how can one change? We may not have the time or the energy to wait for changes to take place if it is resisted, if the *false ego* continues to thrive. Nevertheless, I remain childlike and positive that my discovery has still been a wonderful and fantastic journey.

For this New Year I give my thanks to Priya and Saandhi for pushing me to move the organizations that I run to greater heights. Gratitude to Rutharra and Janeve, my daughters, who have taught me about purity, humility, fearlessness, simplicity, innocence and keeping me in touch with my inner child. They have proven that egocentric anger is false and has no place in a pure heart. I would also like to thank Kasturi for working without any expectations and yet working hard. To Surya, Stella and Karu, thank you for being the beacon of hope in karma yoga.

There will be some enlightenment after this article is read, so let it do its work then! **Happy New Year** to all and let the dawn of a new golden age begin this **2012!**

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and Manisekaran Yoga**

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KIP Online Printing Sdn Bhd,
No 1-G Persiaran KIP 3,
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52200 Kuala Lumpur

Published by:
Sumathi A/P Jeganathan,
The Yoga Franchise,
No.3, Jalan Ang Seng 3,
50470 Brickfields KL



Guided by one of
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Fully sponsored by:



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R esolving our Resolutions



Has “resolution” become an overused word to be sprinkled liberally in every small talk especially just before the countdown to 2012? Or has it become a word that puts us on guard the moment it is uttered as it triggers feelings of self-disappointment and having fallen short of what we expected of ourselves in 2011? Is it a list of wishful thinking? Only for a few do their faces light up when the “r” word is mentioned.

As we turn the final page of this year’s diary, many of us find that we do not seem any closer to the personal goals we had set 365 days ago. Resolutions generally stir the thought of something that requires so much effort to accomplish, so near yet so far, mostly quite impossible and almost punishing.

Priority of Resolutions

According to a 2011 survey by a widely read international publication, the top ten resolutions that never get fulfilled are:

- Lose Weight and Get Fit
- Quit Smoking
- Learn Something New
- Eat Healthier and Diet
- Get Out of Debt and Save Money
- Spend More Time with Family
- Travel to New Places
- Be Less Stressed
- Volunteer
- Drink Less

Based on these, we can broadly categorise resolutions to personal goals concerning health and well being, self improvement/development, relationships, and financial security. Ultimately it seems that we all believe in finding life more advantageous or more fulfilling when a resolution in one or more of these categories has been fulfilled.

Why then are resolutions not being fulfilled?

Quite often we find ourselves losing steam even after the first day of the New Year. It certainly won’t be the first thing on our mind when we wake up. Then we go on to work or daily chores, maybe for a split second it pops up in our mind while doing something and we

remind ourselves absentmindedly that we will look into the matter later. Before we know it, the week, then the month and then the year has flown by! It’s not surprising that most people who have tried working on resolutions year after year grow quite cynical about the whole process and prefer to change the subject when mentioned.

In a casual survey with a diverse group of working people (age range 20’s to 50’s) for this article, only 20% have anything encouraging to say about resolutions. And the exceptional few have very clear focus on how to go about achieving their goals. They all review them on a short term basis to monitor progress and some make adjustments along the way. Another observation is that they each had some form of upbringing since childhood or training somewhere in their adulthood, along the lines of completing what they started. Is this their secret of success?

What’s also interesting is each person’s definition of the “r” word. It ranged from being a wish list, to personal issues to be resolved, to short term and long term goals. It makes sense that how we define our resolution would correspond to our commitment, motivation, actions and the final outcome.

We can see that most of the *top ten unfulfilled resolutions* list is really the end result desired. For example “*Lose weight and get fit*” is what we would like to see when we look in the mirror, a wish. But what’s the deeper intent of this resolution? Perhaps subconsciously there is a need to reduce health issues, to look and feel better, be more confident and have energy to do all the things that we want to do.

Now by knowing on the level of what **we want to achieve** and that this is a priority, there is commitment leading to genuine motivation to do what needs to be done right? “*Lose weight and get fit*”. Results will flow with natural progress and we can enjoy the fruits... “*being, doing, receiving*” so to speak.

Easier said than done is what many would say. Is it because we have set unrealistic goals? Or is it that we can't face the small failures that we meet along the way? Is this what really makes it hard for us to review our resolutions progress? So in full honesty it's really not because we don't have time or that we forget. Those are just excuses. Actually we are impatient for quick results because it's too painful for us to get to where we want to be.

When we constantly rush about rather than nurture subtler changes which are more stable over time, this is known in yoga as the **Rajasik**, hyper active state. Whatever we needed was always yesterday. In this state we tend to overdo things, overlook our health and well being, and often the mind can't seem to focus or accept natural progress with time, we get distracted and give up or burn out all too soon.

On another extreme a false sense of security lulls us into procrastinating time after time, thinking that things which are really important can wait till later (like when we retire and have more time). This is known as the **Tamasik** state. Individuals find it difficult to kick start and end up in a dragging un-progressive mode we often refer to as the *comfort zone*. Do you ever get the feeling that you mentally desire to achieve something so much and yet physically energy or health is just not there somehow to make things happen?

Yoga training brings about balance to the **Rajasik** and **Tamasik** states. Through the yoga techniques of postures and breathing in a proper manner, there is natural regulation of the autonomic nervous system bringing about feelings of alertness, better health and well being, motivation and emotional calmness. **Prana** (our life force energy) is not

dissipated so easily. Subtler *self mastery* techniques of yoga help us to further recycle energies and direct them with sharper awareness.

Yoga is about positive thinking in action which becomes an experience of evolution. It's common that the mere thought of personal changes we need to make in order to fulfil a resolution can stop us short of starting. The change feels too foreign, uncomfortable and it even feels artificial. This is all because we have this fixed idea about who we are. How humbling or defensive it feels when someone makes a comment about us if it is not worded carefully. Our self limiting complexities can be gradually unravelled through *advanced self mastery* techniques.

In Yoga being successful is a paradox of being able to smile from failure to failure. Often in the most difficult moments we can't see that we are already so close to a finish line because we are looking in the wrong direction. All too soon we turn back just short of success or we have succeeded but didn't recognise it! Our minds can be reorganised to transform failures to lessons learned and activate an innate quality of being able to turn the negative to positive. We can hold the key to fulfilling all our resolutions this way with yoga.

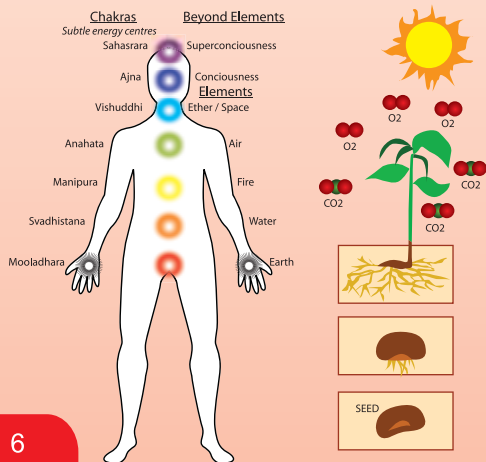
5-4-3-2-1...! So this New Year let's resolve to blow out the candles and make new resolutions and most importantly... make it come true with YOGA!

MAYI offers enduring yoga courses for all ages and levels which are based on practical time tested mind-body technology to bring out the best in each of us. They also include elements of brain balancing, positive reprogramming, group dynamics, confidence building, public speaking and leadership training. For details log on to www.mayi.org.my.

In yoga a **resolution** is called "**Sankalpa**". More importantly it has an **intent**.

Everything else can fail you but not your **sankalpa** if our 5 elements are in balance – earth, water, fire, air, ether (space).

One can prepare themselves through yoga practices to become like fertile soil for sowing the seed of **sankalpa**. With the 5 elements the seed has the right conditions to sprout, grow and bear fruits that we can appreciate and enjoy.



EVENTS

Food Carnival 2011

16th September 2011, the Hari Malaysia, marked a special day for all Malaysians especially the foods lovers who enjoyed eating their way to charity at the Vegetarian Food Carnival 2011 at LaSalle School, Brickfields, organized by the Malaysian Yoga Society (MYS) and supported by the Malaysian Association of Yoga Instructors (MAYI). With more than 2000 visitors from the public, this carnival was graced with the presence of YB Dato' Seri S.Samy Vellu, accompanied by YB Datuk M. Saravanan and Mr. Chua, the principal of LaSalle School.

As part of the effort to reduce the carbon footprint, MYS has taken a step closer to Go Green and use biodegradable food packaging and recyclable bags. There will also be recycling bins placed at strategic points for public to discard their rubbish carefully. This carnival has also created a paradigm shift in the common perception of the public, that the healthier selection of foods can be natural, yet colourful, flavourful, good tasting, adventuresome and abundant with recipes to choose from!

There were more than 90 varieties of healthy multicultural cuisine ranging from vegetarian Briyani, Nyonya Millet Dumpling and Kuih, "Ash' Iranian Noodle Soup, Rojak Kuah, Lei Cha Rice, Sushi, Italianize Pizzas to herbal jelly, ice kacang, and many other more varieties of food, desserts and beverages.

Besides the delicious and mouth-watering food, visitors especially the kids were overwhelmed by the fun and exciting games and contests at the Games Corner such as the Brain Teaser family game, Mini Golf, Fishing, Cans Hitting, Guessing the Weight of Bicycle and many more.



Apart from eating and playing, visitors also got free health screenings sponsored by the Malaysian Medical Association and ayurvedic massage sponsored by the Natural Slimming & Rejuvenation (NSR) at the Health & Wellness Corner.

On the stage, there was a series of interesting programs on the stage throughout the day. Firstly, there were Yoga performances presented by the different categories, the kids, adults and seniors from MYS. There were also Yoga Therapy demonstrations on the Management of High Blood Pressure, Diabetes and Constipation by MAYI. Other programs include the Kids Yoga Performance by Pusat Music AEIOU, Modern Dance by the Black Friday, Organic Living talk by Eco Green, Cooking demonstration and Benefits Of Eating Vegetarian Food talk by the Vegetarian Society Malaysia, Diet in Non-Communicable Diseases talk by Malaysian Medical Association, and Diet & Cancer talk by the National Cancer Society Malaysia.

This charitable event was fully supported by the students and members of MYS and MAYI, as well as the wonderful volunteers who contributed the food, time and effort to make this carnival a success. Some food sponsors were also received from the well-known vegetarian restaurants in town such as the Spice of India, Khush Vegetarian Restaurant, Veggie Restaurant and Pink Swan Vegetarian Cakes. All funds raised will be channeled to the various charitable activities and out-reach programs especially for underprivileged groups organized by MYS.

Yoga Camp for Primary School Children at Yoga Home



44 tiny ten and eleven year old children from Sungai Buloh primary school arrived at the doorstep of the Yoga Home in Batu Arang on the morning of 10th November 2011. They were accompanied by their school teachers on a chartered bus and were very excited from this excursion. Malaysian Yoga Society (MYS) had organised the one day yoga camp as a conclusion to the school year after the children have attended 6 months of weekly yoga sessions at school conducted by MYS volunteer teachers.

The Yoga Home was filled with joyful chatter of children on this lovely morning as they were guided through the fun activities planned for the day. They began with learning a yoga song with synchronised actions to break the ice for everyone. After this warm welcome, the children continued with a session of playful yoga postures which got them to focus in the moment, and at the same time laugh together.

During tea break was an interactive discussion session where the children identified the qualities that they admired in famous people and then reflected on their own best qualities to be motivated and encourage self esteem. This was followed by small group session of character building conducted by a volunteer teacher from Creative Genius. During this time these children left their mark in a garden patch at the Yoga Home by planting a flower sapling each as a symbol of building good character in themselves. The children also had the opportunity with some stage time to display their acting talents after creating their own drama to help them understand simple moral and values.

After a hearty lunch sponsored by well wishers, the children boarded their coach to return home to Sg Buloh feeling cheerful and relaxed for the school vacation ahead.



Learn To Teach for a Caring and Sharing Society



On 19th to 23rd November the Malaysian Yoga Society (MYS) organised and successfully conducted the second “Learn to Teach, Teach to Learn” Karma Yoga programme for 2011 with full support from Yoga Franchise and a team of MAYI certified volunteer instructors led by Master Manisekaran. This fully sponsored foundation level International Yoga Instructor Course (IYIC) involves coaching participants methods of teaching basic level yoga with the objective of improving their own health and empowering them to continue sharing the benefits of yoga with others.

A diverse group of participants from Iran, Indonesia, Sabah, Sarawak, Kelantan, Ipoh, Batu Arang and the Klang Valley attended the 5 days intensive programme at Chap Kuan School in Batu Arang. Amongst them were school teachers, physiotherapists, volunteers /caregivers of various NGOs including National Stroke Association of Malaysia (NASAM) and several teenage leadership trainees. Participants from out of town opted for free accommodation provided at MYS Yoga Home in

Batu Arang while the rest commuted daily from Klang Valley.

Although the training was intensive, the participants were in high spirits and looking remarkably radiant by the fifth day than when they first arrived. They expressed their wholehearted appreciation for the free programme as they gained a deeper understanding of authentic yogic science and experienced significant health improvements, including better breathing and coordination, reduced joints pain and back ache, as well as increased mental alertness and confidence. Upon completion of the course, all participants were evaluated and received their IYIC Level 1 certification on the final day.

MYS organisers also announced that this programme is scheduled to be held again in May and November 2012. For further details log on to www.malaysianyogasociety.org.my or call Vivien at 012-6555192.



Anatomy & Physiology Certificate Course

Discover anatomy and physiology from
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Anatomy is the study of internal and external structures of the human body and its physical relationship among body parts. It allows us to understand the parts we work with during asana practices. Meanwhile, physiology relates to the function of the body as a whole, and how we perform vital functions such as muscles contractions and other bodily movements. Together, it allows us to understand the mechanism of our Yoga practices.

By understanding these two scientific principles, we can further deepen our knowledge on traditional techniques of asana, pranayama, bandha, mudra, kriya (cleansing practices) and scientifically comprehend the multitude of benefits obtained from them. This also dispels the common myths involved in yogic practice. There is science behind every asana which helps us to understand yogic concepts, the correct techniques, and leads the path for better application.

We shall briefly look at how the science of anatomy and physiology expands our understanding in yoga practice. For example, let's refer to the common term "opening your heart". This may conjure up emotions for the skeptic, but it refers to the heart and lungs which are encased within the bony rib cage, located in the thoracic cavity, also known as the chest wall. This cylinder should expand freely so the rib cage does not become rigid. Thus, learning how to breathe properly improves rib cage mobility, stretches the thoracic muscle tissue and "opens the heart".

By achieving harmony between the understanding of anatomy and physiology, we would be able to recognize individuality and improve significantly as per our physical requirement during practice. In today's world, tension and pressure arising from work environment is slowly degrading our emotional, physical and mental health. This is commonly exhibited as migraine, reduced vision, increased tension on tendon and ligaments, compression on bones and tissues, loss of strength and flexibility, and many other factors.

Moreover, the physiological aspect further shows us that through asanas we can decrease the rate of metabolism that would eventually slow down the aging process, and regulate our hormonal activity which is not evident with other forms of exercise. Blood circulation is also improved while promoting a healthy digestive process.

Have you ever wondered why some yoga poses seem to leave you calm, centered, and balanced? The ancient Indian healing system known as Ayurveda can help you answer such questions.

Yoga and Ayurveda are two paths intertwined in such a close relationship that it is hard to imagine traveling down one of these paths without knowledge of the other. Ayurveda, which means "knowledge of life," is the ancient art and science of keeping the body and mind balanced and healthy.

Like Yoga practice, Ayurveda teaches how to keep the physical body healthy. According to Vedic scholars, "Yoga is the practical side of the Vedic teachings, while Ayurveda is the healing side." In practice, both paths overlap.

Ayurveda examines the physical constitution, emotional nature and the spiritual outlook. According to this ancient philosophy, universal life force manifests as three different energies or doshas, known as vata, pitta, and kapha, and most importantly different people require very different yoga practices. This is evident when we are working with people of different age groups. Ayurveda can let us understand how different asanas may suppress or aggravate different types of subtle energies within our body. Ultimately, a group of yogic exercises are chosen that will best support the individual, which is unique to their own energy balance. With daily practice, this leads the path for practitioners to have a harmonious and balanced life.

Announcement :
Anatomy and Physiology Certificate Course
Preview in Bangsar Studio 14th January 2012,
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01/04/2012

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MManipuraka Awakening & Universal Yoga Healing *by: Devi Nair*

I have been living in Singapore since end of 2005. It has been six years now. In February 2009, I was going through depression. Hormone changes was happening within me and taking charge of my body and mind. I was angry, emotional, with a loss of appetite and depressed. In the month of March my daughter had a school break and I took the opportunity to spend my time with my family. During this period one of my family member suggested that I should attend "Manipuraka" to heal myself. She also informed me that it was not going to be easy to get an appointment since Master Mani has a busy schedule. I surrendered everything to GOD and made a call to Mr Navanesan who was also a member of "MAYI". With his assistance I managed to secure a 20 minute session with Master Mani. Everything happens for a reason I guess. My sister-in-law drove me all the way from Klang to Brickfields getting through all the stress of driving in a congested traffic. During the journey to Brickfields lots of thought were going through my mind e.g. what is "Manipuraka". It sounded "Greek" to me. How is it going to heal me and how am I going to benefit from this session.

Once reaching Brickfields I met up with Master Mani and discussed with him my problems. He then had the "Manipuraka" session with me. Master Mani explained that "Manipuraka" will heal me if I start doing it on daily basis. On that short note I left and came back to Singapore.

Immediately, I started doing it daily and twice a day because I was anxious and wanted to heal myself quickly. Initially I started walking forward and backwards. Slowly I found myself moving gracefully doing Hatha Yoga Asana which I had no previous experience followed by a series of classical hand gestures. I felt pleasant and at peace. I started feeling positive, energised and changes were taking place within me. It has been two and half years and I am still diligently doing Manipuraka daily but once a day. I started using positive affirmations for my body and mind. I have learned that there is a power within

me and the connection with the ultimate source. Manipuraka has the ability to change me in terms of health, mental and emotional wellbeing. I have healed myself by directing the energy to the exact spot. I have healed my heel, knee and migraine problem completely. There were times I was unable to put down my feet on the ground due to the heel pain when I wake up in the mornings. It is so amazing that the pain is no longer in my list. I have also healed my daughter's stomach ache and fever.

My family life has also improved. I have started believing in myself. I have reduced my anger and I am calmer now. Embracing Manipuraka has enriched my life on many levels, helping me find inner calm in a fast and stressful environment, whilst promoting total body health. I am able to shift my negative thoughts to positive and Manipuraka allows me to feel at ease and more complete with myself.

Everyone needs health and inner clarity. Manipuraka helps us to achieve maximum benefits and objectives. I have personally have gained so much from this programme and I would recommend everyone to attend for self-realization. Manipuraka will help you to feel balanced and centred, not depending on others to validate us. We can trust ourselves and our own worth. In this way Manipuraka can reach beyond ourselves and touch others.



sana Of The Month

Viparita Karani

Methods

1. Sit next to a wall with the side of your body on the wall and your knees bent into the chest.
2. Bring the lower back onto the floor while bringing the legs up the wall. Keep the upper body supported with the elbows on the floor.
3. Slowly release the elbows and lower the whole back down to the floor.
4. If you are comfortable, stay here several minutes.
5. To come out, bring the knees into your chest and roll to your side.
You may wish to support the low back with a bolster or several folded blankets placed right at and parallel to the wall. This also increases the angle of inversion.

Benefits:

As a mild inversion, Viparita Karani can have many of the same benefits of a full inversion. However, it is gentler than the other yoga inversions. This pose has a variety of benefits ranging from physical to emotional.

- Improves circulation as it sends blood and nourishment to the pelvis, heart and head.
- Improves brain function. As increase in blood flow to the brain brings an increase in oxygen. Like other organs, blood flow and oxygen help to revitalize and nourish the brain.
- Helps to stretch the back of the legs, the buttocks and the hips.
- Helps to open the chest (especially true when practiced with a bolster under the hips and middle back.) For some, this openness in the chest can have a positive impact on opening the lungs and sinuses.
- Calms the mind. As this pose can be practiced like a restorative resting pose, it helps to pull the senses inward. The brain and mind start to relax as thoughts start to slow down. When the mind is calmer, the body has an opportunity to heal.
- Stimulates the parasympathetic nervous system.



Contraindications

- If you are on the first few days of your menstrual cycle, you can practice this pose without the additional lift of the bolster or blankets. Simply place an opened blanket directly on your mat and under your entire body, so there is cushion for the hips and spine.
- If you have high blood pressure, check with your doctor before practicing any inversion. This one is generally acceptable for those with high blood pressure.
- It is not recommended to practice this pose if you have glaucoma.
- If you are working with any injuries, work with an experienced yoga teacher when first coming into this pose. Getting in and out of the pose can be tricky.

Nepal, where you can almost touch the mountain tops!

by Sumi

From the very first day that we decided to go Nepal in 2011 I knew it was going to be a blast. Everything was great on this trip - the people of Nepal, our travelling group, tour agent, hotels, food, everything!

There were 34 of us on this tour and majority of us didn't know each other at the start. The beauty of it was that it took only half a day for us all to become so caring and kind to each other. On the flight to Nepal we already had breathtaking views of the snow capped mountains. I had a fun time trying to figure out which was Mount Everest as all the peaks looked the same viewed from the aircraft window panel.

After landing, we were warmly welcomed with garlands by our friendly tour agent Mr. Gurung accompanied by his assistants Oli and Kumar. Oli was our tour guide and he filled us in with full details on the places we would visit, right down to the political scene of Nepal. Along was a responsible Kumar, who made sure all our luggage were safe and he soon also became our travel group's 'people finder' (as we broke off into groups for exploring or shopping and sometimes got separated or lost!).

The temples of Nepal are way different than the ones of India. The temple structures are more similar to the ones in Bali and the temple prasad pressed onto our forehead is not of ash but a grain of cooked rice. Each temple that we visited has its own uniqueness. The most unforgettable one was the *Manakamana* temple (known as the *fulfiller of your desires!*). To go to this temple you have to ride a cable car up through not 1 mountain, but 2 mountains! No words can be used to describe the views from this ride.

Among the three main attractions we visited, I liked *Pokhara* the best. It's a small town with incredible panoramic views of the 24000ft *Annapurna* mountain peaks, especially the magnificent *Machhapuchhare* (which as its namesake and shape means "fishtail"). Hiking



enthusiasts from our group had their wish fulfilled on some of the day treks offered at *Pokhara*. How very excited they were to share their adventures on their return. The centre attraction of *Pokhara* is the lake *Phewa Tal* which mirrors the backdrop of mighty mountains on a clear day. As we anticipated patiently during our 3 days stay the clouds didn't clear and we had to be content with seeing only one peak of the *Annapurna* rising above the clouds. Suddenly on our last day, as if to say good bye and to thank us for visiting her, *Annapurna* unveiled her entire range of mountains to us and we were utterly satisfied!

As we spent another two days in *Nagarkot*, our group became closer doing nothing much else than leisurely enjoying each other's company at 2000ft above sea level. We shared a yoga session together in the morning and went for a short pleasant 7km uphill hike to a telephone tower. Here the eagles soared right above our heads and we realise how great these birds of prey are at such close range!

Last but not least was the famed mountain view flight, the highlight of our tour. From the aircraft we saw the abode of snows, the HIMALAYAN mountains: *Lhotse*, *Cho Oyu*, *Manaslu*, *Gowri Shanker* and *SAGARMATHA* - the *Everest*. Even though we did not climb these mountains, just by looking at such close proximity mesmerized everyone. The whole 1 hour flight was spent admiring the jaw dropping beauty and wonder of these mountains.



A Photo Travel Log of Nepal Tour

by Julie Hoh



Day 1 & 2 Touched down at Kathmandu airport. Time spent getting to know the city. Excellent dining experience at the popular Hotel Grand on our second day.



Day 3 Everest flight before sunrise on Buddha Air from Kathmandu domestic airport. Awesome views flying above the peaks of the Himalaya. Felt like we could just reach out to touch them. Annapurna, Everest 8k m, Gaurishankar 7134 m



Day 4 At Phokara a group of us took the rowboat across Phewa lake for a 45minute trek. Enjoyed the captivating layers of colours of the mountain panorama.

Nepal, where you can almost touch the mountain tops!



Day 5 Over cast weather at Sarangkot, well known for catching her legendary beauty of changing hues at sunrise.

Day 6 Cable car ride to Manakamana temple for the magnificent views of the mountains.

Day 7&8 A day of leisure at cool Nagarkot in the company of friends at the cozy Hotel Fort.

Day 9 Journey back to Kathmandu



Day 10 Free & Easy-shop-till- we- drop day in Kathmandu. Made so many purchases that the shop owner treated us to a gala dinner with cultural dance performance and a night tour of the city lights.



She has every color you can imagine!

Day 11 More shopping with more friends! Wonderful food too...

Verdict: A definite must come back! Lovely locals, astounding sceneries, good shopping, warm hospitality, lip-smacking food and great fun with new friends.

Next trip: 26th May - 4th June 2012
Contact: 03-2260 5322 (Sumi)

Yogic Wisdom For Daily Living

Yoga Sutras of Patanjali ~ Tatparam Puruṣa-khyāteḥ Guṇa-vaitṛṣṇyam Pada I, v. 16

by Jamie Spatafore

The highest meditation is the experience of the true self which overcomes the qualities of nature.

First, we need to understand the qualities of nature. What are they? They are 3 and they are known as Sattva, Rajas, and Tamas. Everything in this world is controlled by these 3 qualities of nature. They are everywhere and taking place all of the time. Let's look at a few examples: 1. The mind. When our mind is a sattvic state it is in balance. It is clear, perceptive and calm. When it is in a rajasic state it is disturbed. There are thousands of thoughts veering off in every direction. We can't stop it even if we try. When it is in the tamasic state it is dull or inert. When we get very tired and overcome with sleep the mind feels very heavy. Even trying to force it to think won't work. It is dull or almost dead. 2. The body. When our body is feeling very light and healthy it is in the sattvic state. If we are feeling very active and need to move we know we are in the rajasic state. If we have trouble moving at all (almost dead) and feel very heavy we are in the tamasic state.

The qualities of nature are present in everyone and everything but they are present at different times and different quantities. Sometimes sattva is predominant but other times rajas or tamas may be present. This is an important point because somewhere along the way sattva has come to be known as a pure state and tamas is known as an impure state with rajas somewhere in between. If that is the case then this whole world is also impure because tamas is present in everyone at some point in life. Death could be said to be the ultimate tamasic state in regards to the body no?

That being said, it is true that we can be predominately one quality of nature over the other. Some of our minds and bodies are mostly sattvic and others are mostly rajasic or tamasic. That does not mean, however, that we never experience any of the other states. If we are mostly sattvic there are still times rajas and tamas will be at play but it is much less. Anyone of us with a little bit of awareness can see this happening in our lives. Sattva in any aspect is very pleasing. It is nice to have a balanced mind and body is it not? In fact, it is so pleasurable that we find ourselves chasing it. We want to feel sattvic all the time. We can see this taking place right now in the world. Millions of people around the world are chasing the sattvic feeling. We go on a strict

diet to flush out the toxins. We join a yoga asana class to strengthen and balance the body. We go for transcendental meditation to quiet the mind and keep it balanced. We go to church or temple to learn to live a balanced (sattvic) way of life.

Patanjali has clearly said otherwise. He has said that if you want to experience Yoga (with a capital Y) or union, you have to overcome the effect of all 3 qualities of nature. Now if we are sensible beings we should have a reaction to this statement. That is because we have spent many years and sometimes even our whole lives developing sattva or balance. Giving it up now seems unfair. The answer is in our reaction. First of all, Patanjali never said you have to give up anything. In fact, you can't. As long as you are an embodied being, you are a part of nature. Therefore the 3 gunas are at play. Secondly, sattva is beautiful. It is great when everything is in balance but that feeling can also keep us trapped. Here's a personal example for you. I started various yoga (with a small y) practices many years ago. The balanced feeling came almost immediately. I started practicing everyday as I saw tremendous changes with my body and mind. I now know that sattva was becoming predominant. One day, however, I was in my study room practicing and my children came to visit me. Children, being children, they had no time to sit still, they wanted to play. Immediately I could feel my mind getting annoyed that I was being taken away from something that gave me so much balance. You see the trap?

If we want real Yoga (with a capital Y) or the highest meditation we have to go beyond the effects of even the most balanced state. Sattva in and of itself is nice and if everyone in the world had a sattvic mind/body there would be no wars or poverty. That is a great thing but sattva along with rajas and tamas are a part of nature. We have to go beyond their effects on our bodies and mind to see the ultimately reality.

Author's note: Please don't go to your guru, teacher or priest and tell them you are quitting because you want to go beyond. Keep doing what you are doing if it gives you balance but understand that ultimately we want to go beyond the effects of all 3 gunas which includes even the ones that make us feel good.



Enhancing Sexual Health & Anti Aging (Urdhva Retas)

Urdhva Retas Yoga is based on an ancient system of natural birth control and the heightened experience of sexual fulfillment. Practitioners who have mastered the art are known to experience full sexual life with increased pleasure, vigour, better health and also deepen meaningful couple relationship of a new awareness. With Urdhva Retas the ability to prolong an orgasm and achieving multiple orgasms without losing one self in the sexual act during climax is no longer a myth.

Along the lines of family planning, Urdhva Retas paves the way for couples to conceive and produce healthy children which culminate from its resulting conservation of "virya" (sexual potency). "Virya" contains the greatest potential energy reserve that is in every human being that can bring a new life to this world.

By mere conservation of this great potential energy, it can be channeled towards the healing for those challenged by long standing ailments and building inner strength, vitality as well as youthfulness. This is a natural result from the practice of Urdhva Retas.

This technique which naturally tones the vaginal muscles of women who practice often leads to the ultimate benefit of resolving female reproductive health issues such as menstrual irregularities, PMT, those related to menopause, uterine fibroids, cysts and infertility.

For the spiritual seeker who has pledged to walk the path of celibacy, Urdhva Retas also empowers one with the greatest stabiliser to prevent sexual repressions as craving is brought under natural sublimation and harnessed as higher brain power for evolution and spiritual growth.

In summary, Urdhva Retas Yoga is one of the most amazing gifts from the alchemists of South India known as "siddhas" and through modern age teacher, Master Manisekaran of MAYI (Malaysian Association of Yoga Instructors), it is now revealed before us this rare opportunity of awakening the full power of Urdhva Retas to flow within through his unique and rare mastery of the technique.

For everyone who is reading this article, please do so with an open mind and view this article as an opportunity to discover the meaningful potentials of Urdhva Retas as what I am about to share with you is of a most personal nature. But it is very real and there is a very good reason for me reveal to you my most private experience.

I have come to realise the very real need for both men and women to learn this ancient yogic art to keep their sexual reproductive system healthy. Issues for men such as premature ejaculation, other sexual dysfunctions, infertility; for ladies uterine growths (cysts or fibroids), uterine prolapse, difficulty in conceiving and miscarriages are so common these days that I feel the importance to come forth and share my firsthand experience. The wonderful practice of Urdhva Retas only takes 2-3 minutes, 3 times a day to gradually strengthen the reproductive system.

On the day after attending the workshop, I became aware of having strong sexual urges. Feeling curious, I sought advice from Master Mani, to which he explained that a positive flow of energy had been activated within my reproductive system. The feelings soon subsided after a few hours and stabilized shortly after.

My spouse who is also a practitioner of Urdhva Retas has found it to be one of the best techniques he has ever learned. Now he has such mastery that even with hours of enjoying sexual intimacy it is possible not to ejaculate! With this we have both mutually experienced loving sexual fulfillment. When we are together, we have actually experienced multiple orgasms simultaneously while remaining fully aware of each other. It is very moving to witness the beautiful glow (tejas) on his face during these special moments.

As our intimate moments together are no longer hurried, we are able to experiment and explore each other with new love making positions which has renewed our bedroom romance even after 4 years together. The most uncanny thing is that after a full night of intimacy, we are both still radiant with energy, not drained or pale and can have a productive day full of activity.

Our relationship has deepened and become stronger since Urdhva Retas. There is no longer any feelings of craving or insecurity between us as a couple. At times we can even go for months without any physical intimacy and yet there is still such closeness, sensitivity and love between us.

Think about this... a drop of semen from a man is equivalent to 60 drops of the richest blood and nature's main purpose of this creative force to be released is for procreation. By its mere preservation the lifespan of an individual will be increased without a doubt. Just imagine the robust and intelligent child that will be borne of the finest sperm fertilizing the finest ovum. It is my only wish that in sharing something so private and personal with you that more people will learn this ancient art of Urdhva Retas and experience the life changes as we have.

~Anonymous~

WORKSHOP

Date : 25th March 2012
Time : 10am- 2pm (Manipuraka) ,
4pm -6.30pm (Urdhva Retas)
Venue : Bangsar Studio
Telephone : 03-2260 5322

PREVIEW
3rd March 2012
6.00 - 7.00 pm

A

t Your Fingertips

Simple Natural Remedies for a Travel Holiday

by Lee Yan, NSR Ayurveda Therapist.



These effective natural tips are eco friendly and can be used to enhance relaxation and enjoyment of our travel experience.

Motion sickness is one of the common unpleasant travel experiences. The moving and unstable bumpy plane ride, bus ride or boat ride can make one feel nauseous and at times, accompanied by stomach ache. Essential oils such as chamomile, lavender and peppermint are best used for motion sickness. Sprinkling a few drops of lavender and peppermint oil and gently massaging the stomach area will help to sooth the nervous system and alleviate discomfort. Other than massaging around the navel, one can have in hand some lemon peel and sniff it from time to time to get rid of the feeling of nausea. Consuming warm ginger juice can help too.

A long day of travelling by flight, overnight journey with time zone differences, schedule disruptions, and unfamiliar beds can all lead to sleep disorders. This jet lag experience and



Essential oils

resulting insomnia can be helped by using a simple remedy such as diluting pure lavender essential oil with a base oil (eg. pure sesame oil) to massage on the temples. This calms the mind as well as allows you to sleep more soundly.

It is handy to bring along a travel first aid kit which has bandages and some antiseptic cream for emergency use. Alternatively dry herbs such as pure Haridra (turmeric) can also included as it has high antiseptic and anti bacterial effect which makes it very useful for cuts and wounds. Pure Haridra (turmeric) powder can be applied on a wound to stop the bleeding and can be applied before bandaging to allow the wound to heal faster.



Travelling stress factors and diet changes may affect our bowel movement. To normalise the bowel movement, ayurvedic herb, pure Triphala can be taken. By just consuming a quarter teaspoon at night, half an hour before sleep does the trick! It is an effective herb to purify the digestive system and improve the bowel movement. It also helps to boost our immune system with its high content of Vitamin C. However, for expecting mothers, it is advisable to consult a professional ayurveda therapist on the usage of this herb.



Pure Triphala

Getting in touch with nature in the local surroundings is the best thing that one should experience during a holiday. Being in nature not only calms the body and mind but also absorbs and recharges our body with new energies. When going out to nature, a great natural blend to keep insect bites at bay can be prepared with pure essential oils such as peppermint, eucalyptus and citronella blended with pure sesame oil. Below is a simple recipe adequate for a small family to share:

60 ml Pure Sesame Oil
15 drops Pure Eucalyptus Oil
5-10 drops Pure Lavender Oil
15 drops Pure Citronella Oil



Pure Sesame Oil



Pure Eucalyptus Oil



Pure Lavender Oil



Pure Citronella Oil

After a long day of sightseeing and walking, refresh tired feet by soaking them in a warm foot bath of pure lavender essential oil drops with 2-3 tablespoonful of salt diluted in water. This helps to improve legs circulation and salt has a hypertonic effect; which drains water retention in the feet and the lymphatic flow. The aroma of lavender soothes our nervous system and induces relaxation from the feet all the way up to the mind. What better way to complete the feet pampering after soaking than a gentle foot massage with pure sesame oil. As the feet has the most nerve endings this will greatly improve the overall body blood circulation.

Wishing you all an enjoyable and relaxing holiday this season! **YM**



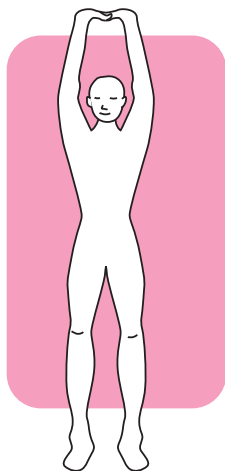
The most common types of headache are:

- vascular – due to dilation of intracranial blood vessel which may be brought on by head injury, epileptic fits, high altitude or after alcohol consumption
- migraine and hypertension – due to dilation of arteries outside the skull related to instability of the autonomic nervous system
- muscle contraction – scalp or neck muscles go into a spasm due to emotional tension, commonly accompanied by poor posture or cervical spondylitis
- referred – from eyestrain, glaucoma, inflamed sinuses or nasal passages

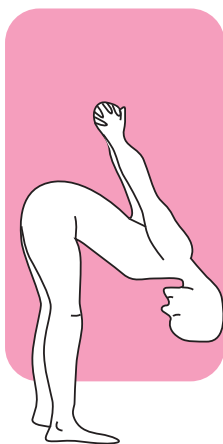
More rarely are they due to tumours. Often once the underlying conditions (such as constipation, menstrual irregularity) are recognised and removed, the headache or migraine will also disappear.

Here are some recommended Yoga Therapy techniques to manage headache and migraine:

- Pawanmuktasana 1 (joints series exercises) which improves general circulation
- Tadasana, Dwikonasana to release muscular and nerve root tensions along the spine



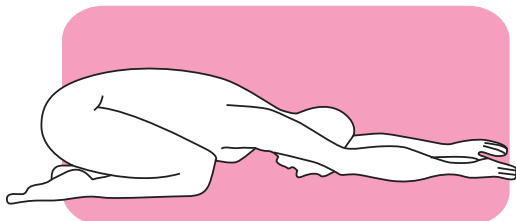
Tadasana



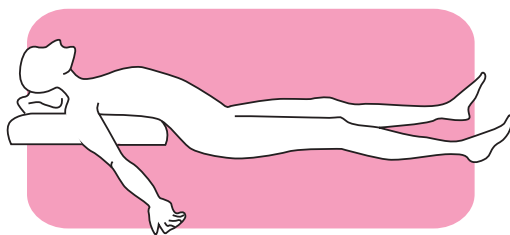
Dwikonasana

- Other yoga postures which are calming and soothing:

Shashankasana, Deep Relaxation technique in Shavasana, Illustrations are in accompanied file according to sequence



Shashankasana



Shavasana

- Pranayama (breathing techniques) such as Nadi Shodhana (alternate nostril breathing); Ujjayi; Bhramari
- Shatkarma (cleansing technique) such as Jala Neti and Kunjal (can performed at the beginning of an attack for immediate relief then followed by regular practice)

Before practicing these techniques one should seek guidance of a qualified yoga teacher or yoga therapist.

Further recommendations

- Diet:
- Increase intake of fresh fruit and vegetables;
 - Reduce deep fried food, processed food, heating spices, sugary/starchy food
 - Sufficient water intake for proper hydration throughout the day

Eco's Echoes

Travel with a heart

by Serina Rahman

Many don't realise that it is possible to make a difference to others in everything we do every day. Even as we go on holiday, our travels can contribute to the comfort and well-being of those who live in the places we visit. Here are some ideas for you to consider as you plan for your next escape...

Live Local

Instead of selecting a resort or hotel that is part of a big international conglomerate, consider staying in lodging that belongs to or is run entirely by local people. There are many boutique resorts and inns that can be comfortable and often more personal and welcoming than those run by the regular hotel chain. By making a wise selection you ensure that the money you spend on accommodation helps to support the local economy.

Spend Local

Walking amongst local shops and foodstalls can reward you with little noticed treasures and yummy street food. It is much better to spend amongst the locals in this way than to stick to hotel restaurants and shops. Give directly to those who might otherwise not benefit from the tourism boom in their area and take some time to chat and find out more about those you meet. No destination is complete without its people; add that extra touch to your experience in someone's hometown by getting to know them better.

Look for the Authentic

When on holiday, there are many quick and easy tours that allow you to leave everything to your guide and driver and you get whisked to one cultural performance after another. But are you just being pandered to or are you actually getting to see something that would be there even if the tourists aren't? Before agreeing to a package, ask how the locals benefit from the tour. And if it really is an authentic occasion, will you be intruding or getting in the way if you attend? Always dress appropriately and find out what is the best way to behave so that you do not offend.

Don't dump your waste on your hosts

Some holiday destinations such as islands have issues with waste disposal and processing. Be aware of what your hotel or hosts do with their rubbish. Don't add to marine pollution by leaving plastic and other man-made items behind to be dumped into the sea or burnt. It is a

little troublesome, but inorganic waste is best taken out of islands and forests after your vacation and disposed of when you get home.

Use sparsely

While hotels and resorts do their utmost to make sure that their guests have an adequate amount of electricity and water, sometimes this is at the expense of the local community. Use these resources as if you are paying the bills (on top of what you pay for room and board!), consider the people who might not have access to such luxuries and reduce usage where possible.



Travel simple

Remember that when you're on holiday, you're more than likely to have contributed to global carbon emissions through the airplane ride that you took to get there. Offset that expenditure with simple means of getting around while you are there. Rent a bicycle and take in the sights the slow way – it often rewards you with friendly hellos and smiles and you get exercise to boot! Take public transport where possible; it adds to the experience and gives you yet another chance to chat with the locals!

Support local initiatives

When faced with an onslaught of vendors overflowing with intriguing gifts for home, look for products made by local NGOs or self-help groups. Supporting the efforts of cottage industries, single-mums and grassroots environmental groups can help them to keep their organisation going. And when you wear or give away that item, more people can find out about their good work. This can make a big contribution to their cause.



Spend with care

Before buying anything made from nature, consider how that item was sourced or made. Is it a souvenir made from an endangered species? Is it an ornament from a shell that could've been a home for a hermit crab? Are you contributing to the extinction of an endemic species? Some products can be very sustainable while others are terribly destructive. Find out more about what you are about to buy before handing over the cash.

Keep a distance

When it comes to animals and wildlife, it's best to stay a good distance away as you admire and observe them. Not only does this ensure that you get to see how they truly behave in the wild, but you also make sure that you do not stress them or alter their behaviour as a result of your presence. When at sea, make sure you do touch or step on corals when snorkeling or diving as any contact will kill them and could leave you with scars or an allergic reaction.

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Pranayama

(Breathing Techniques)

Instructor/Practitioner Course

Healing Power of Pranayama

Prana means 'vital force' and Ayama means 'pause' or 'control' in Sanskrit. Thus Pranayama means the control of the vital force through concentration and regulated breathing.

By means of controlled breathing that is, inhaling and exhaling by holding the breath for a fixed time and changing the rhythm of inspiration and expiration, it is possible to influence the life-force in the body.

Pranayama is the process by which such conscious control is achieved through controlled and rhythmical breathing.

Pranayama purifies the channels along which the life stream of 'prana' flows in the body and prevents various disorders. It increases one's resistance to respiratory diseases.

Learning Syllabus

The introduction explains the basics of breathing and the complex connection between the breath and the subtle body, as well as offering advice on rediscovering natural breathing and preparing for breathing exercises.

The sections that follow then lead the practitioner through five types of breath; vitalizing, nourishing, expansive, cleansing and expressive.

Over 90 life-enriching breathing exercises are explained within these sections, each one beautifully illustrated for clarity and maximum visual appeal. A final section of mini breathing programmes helps you to specifically target common ailments and issues such as asthma, skin disorders, depression, lethargy and phobias as well as harnessing your breath to enhance vocal, dramatic or sports performance.

Advanced Pranayama for Yoga Instructors

Pranayama, the yogic science of breath control, is a powerful way for you and your students to raise energy and channel it into life mastery. This programme provides a unique opportunity to immerse yourself in the techniques of pranayama as taught in the Hatha Yoga traditions. Practising with the guidance of an experienced instructor, learn a variety of pranayama techniques and teaching methods.



Never before has the full and complete science of pranayama been revealed so completely.

Feel fresh and energised instantly.

Learn to utilise your optimum lung capacity.

Develop absolute mastery of breath control and harness the power of breath in healing, mind control plus body control.

Look fresh and radiant through restructuring your energy system (pranayama kosha). Activate your personal magnetism.

Gain access to your respiratory centre in your brain and 'evolve' to involve your dormant 'higher' brain in daily living.

Learn to teach specialised Breathing classes, Breathwork Workshops, run Retreats on Breathing Technology or incorporate into your yoga class!



The Pranayama (Breathing Technique) Instructor/Practitioner Course commences on:

Date: 10th March 2012 (for 6 Saturdays)

Time: 3pm - 6pm

Venue: Bangsar

For registration or enquiry, call: **03-2260 5322**

Organised by:



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Inner Insights

by Danny Wong

My name is Danny Wong and I'm completing my 2nd year engineering course in college. My earliest exposure to yoga was when I was 15, when I attended hatha yoga classes. My body was quite stiff then so I did not really enjoy the asanas but I still gave it a chance because of my mother. At that time she was already a serious yoga practitioner.

That was the year that dad passed on and suddenly, mom had to take over managing the whole household and responsibility for all of us. Until then dad was the head of the family and I still recall mom saying that she couldn't have coped better with this new role if not for yoga. So when mom sent me for yoga classes I thought, why not?

I subsequently went away to boarding school and only returned to KL after I turned 18. Mom was persistent; she wanted me to continue yoga training. Without any warning she enrolled me in Master Mani's Self Mastery Course. I was pretty open to see how it would work out and it turned out to be more interesting than I expected as Self Mastery incorporates various other aspects of yoga besides asanas.

As a teenager learning yoga, I felt quite special since not many of my peers had this opportunity. Through Self Mastery I started to develop deeper interest and learned more about the true meaning behind yoga. You don't have to be flexible to do yoga and there are many improvements that can be achieved through other techniques like breathing, cleansing and Kriya Yoga. While yoga became my regular practice my chronic skin rash since my teenage years totally disappeared. It's been gone for several years now.

Of all the yoga courses, Manipuraka really made an impression on me as it proved the existence of pranic energy when spontaneous movements took place for me. I feel that yoga experiences are really personal and unique for everyone. Mingling with other practitioners, I realise that it doesn't matter where you come from or who you are but it is good to share your experience in yoga and there is always new inspiration to discover from each yoga practitioner.

I was a scout in school so volunteering is a natural thing for me. I always try my best to help within my capability. When things don't happen, I don't feel disappointed.

At the first Malaysian Yoga Society (MYS) fundraising food fair, I recruited three friends from my Ipoh boarding school to help out. We were given the task of setting up a games booth. Helping others through this mini project was a lot of fun.



Each time I help I learn something new. In the yoga competition last year, I was assigned to be an auditor for the participants' scoring and I had no idea what the job entailed. From doing it I soon learned, and at the same time I got to interact with others while working as a team. What I always appreciate from the competition are the participants who have the courage to perform asanas on stage even though they were not specially trained.

More recently a group of MYS volunteers went to Pulau Carey to conduct a weekend yoga programme for primary schools kids. This experience was extra special for me as it was my first meeting with rural children. Kids with little exposure to city life are innocent, receptive and enthusiastic. One kid in particular kept following me around during the sessions. There seemed to be a special connection between us and it was somehow therapeutic for both of us. Hopefully one day when I am more ready I would have the chance to teach yoga to the disabled.

Friends of my age are not so receptive to yoga. Many guys feel their body is too stiff or others think that yoga is not dynamic or exciting like dancing or gymnastics. They are not so motivated to try it because they don't realise the full potential of yoga. The training can groom teens to be more in tune with themselves so that they don't grow up being confused over the many options available.

We can learn that there are many ways to develop ourselves instead of limiting our options. And though we may make the wrong choice, we can still feel happy, contented and move forward.

There are times when I feel self conscious and am unable to perform well but I stay positive by getting to know myself better, cultivating self acceptance and continuing to improve myself. I would definitely recommend yoga to my peers and advice more parents to enrol their kids in yoga. **YM**

Inner Insights

by Hajjah Mariam

Hajjah Mariam Bt S. Din who is 66 years young, is a highly motivated and independent single mother who comes from Kedah. When she started experiencing back pains she found relieve after trying out some yoga postures from watching yoga programmes on TV. Ever since then she became an avid practitioner and even encouraged her own children to do yoga to improve their health.

Her children supported their mother's interest as they could see the benefits of yoga for health and encouraged their mother to take up MAYI International Yoga Instructor Course (IYIC). After her application for partial scholarship was approved by Malaysian Yoga Society, she attended IYIC Level 1 and later on also completed the Pranayama Instructor's Course, graduating with MAYI certifications in 2010 and 2011.

With the certifications she began conducting free lessons confidently to a group of single mothers in her own home. Many of them are senior citizens and have limited mobility due to poor health. Mariam would take the gentle approach and try to learn more about the student's problems before adapting what she is going to teach them to suit their needs. She cited an example about a student who could not sit down on the floor when she first joined yoga as she was very stiff and had to use a walking stick to move around. Mariam started her on a chair first and made the instructions for yoga postures easy to follow with simple descriptions that formed a clear picture in the student's mind. She always takes care in supporting these students with safety considerations and would patiently encourage them to do yoga stretches which help to relieve them of their discomforts. With time and she was able to help this student build up her confidence until she could even stand without a walking stick and eventually also walk without support. Later on the student was able to sit down on the floor and could balance on tiptoes in a classic standing yoga posture called Tadasana. Mariam also discovered that many people with digestive problems of constipation and gas find that they go away naturally after learning yoga and practicing regularly.

When asked by an American lady she met in Kedah about how yoga was received by her students, she assured her that yoga does not involve any religious followings as the techniques practiced are towards better health and it is proven especially after teaching some students who are mainly pensioners,



older than her. Some are over 70. Many younger people who are well educated were also convinced by her explanation that the health benefits are always consistent from practicing yoga.

Later, Mariam was invited by this same lady who was then teaching English at a refugee camp in KL to conduct yoga lessons there and she agreed. So while in KL, Mariam would travel by public transport and her friend would pick her up weekly at their meeting point to go to the refugee camp. The refugees she taught yoga to were Iranian women and they are highly stressed as they have been through a lot to leave their home country to come here with their children. A lady called Martha would conduct the English lessons from 2pm-3pm and then Mariam would conduct the yoga session after. Martha too had terrible back pain but after learning yoga with Mariam she got better. Likewise the staff at the United Nations office became keen to learn yoga when they heard about the classes for the refugees and invited her to conduct lessons at their office as well. Many of them found that yoga helped them with managing health problems such as asthma and gave them great relieve, so they have confidence in yoga.

It's always good to have some time to relax after a day in school.

Parents, read the below passage to your children to guide them into a beautiful relaxation session...

Lie on your back with legs slightly away from each other and palms facing up. Close your eyes and relax your whole body.

Feel the cool air entering your body energizing you and the warm air coming out of body bringing out all the negative energy from you. As you breathe in and out feel your body being energised. Now you are totally relaxed.

As you are feeling relaxed visualise a beautiful butterfly flying around your body. Look at the colourful wings of the butterfly. How many colours does it have? As it is flying around your body, your body feels relaxed. The butterfly flies higher to the sky. You too are following it. Your body is feeling so light that you can float up to the sky. As you reach the clouds, you choose a cloud and sit on it. Feel the softness of the cloud. The cloud is moving around taking you with it. From the top you can see the wonderful and colourful nature - mountains, trees, rivers and so much more! You can see your own house too.

As you follow the butterfly into your house, you can see (name all the people in the house) happily talking to each other. You can see that everyone has a big smile on their faces and everyone has enjoyed spending time with each other. All this is making you happy. With this happy feeling, you come back to your own mat

(or bed). Recall back all the wonderful feelings you felt today. As you are softly breathing in and out repeat this mentally for 3 times.

"I am a successful and a happy child, and I love my family."

Now gently rub your palms together, place your hot palm on your closed eyes until palm gets cool.

Gently move your body and when you are ready come to sitting position.

Try this out! **Humming Bee Breath**

Sitting in a comfortable position, close the eyes and relax the body taking in a few breaths. Plug the ears with the index fingers and as you breathe out, make a humming sound (or simply make the 'mmmmm...' sound) like that of a bee. Repeat this 5 times. After the 5th time, keep the eyes closed and enjoy the sense of relaxation.

M

editation: A Journey in Bliss

by Vijaya



I found John Keats' 'On the Grasshopper and Cricket' very intriguing. Amongst the other poetries on the wall, this was one of my favourites.

*..... The poetry of earth is ceasing never:
On a lone winter evening, when the frost
Has wrought a silence, from the stove there shrills
The Cricket's song, in warmth increasing ever ...*

I remember being aware of the cricket sound at all times. I used to listen to it day and night. It was 'ceasing never' as the poet wrote.

One day, I realized that it was coming from within and not from the fields outside. I also started wondering if Keats too had made the same mistake. It was perhaps my first realization that there is a deeper layer to existence. There's a world within and there's a world without. What is the connection between the two? What did the sound mean?

My friend Siva explained that it was 'Anahata Nada', 'the primal sound of energy itself'.

Wow! Really?!

Little by little I was able to understand that everything is energy. There's absolutely no clue whatsoever of this 'truth' from the kind of life we live on the outside. Indulgence in the small pleasures of food, entertainment, movies, TV and all the wonderful gifts that life offers is a kind of intoxication, I realized, which takes us further and further away from what is truth and what is deep within, and not so much on the outside. I also realised that what is deep within creates the world outside and that is possible only because:

EVERYTHING IS ENERGY.

The spiritual masters have always said it. Einstein had said it and now science says it too.

Just ponder on how the world has evolved. Gravity didn't appear after Newton discovered it and atomic energy didn't come into existence after we became aware of it.

Spiritual masters say that in future more and more of such 'energies', too powerful for us even to comprehend now — and their many uses for the

comfort, convenience and growth of mankind — will be discovered! There's even going to be interplanetary travels by means of science and not only spiritual. Everything man dares think is possible because even thought is energy. If everything is energy, who are you and me? What is the higher self? Who is God?

Are outer achievements a measure towards going nearer to the centre where God is ever present in all his glory?

Everything about us is 'sakthi'. The mind is powerful, thoughts are powerful. But thinking is different and realizing something totally is different.

The very thought 'I AM GOD' is not going to bring one closer to Him because the biggest enemy present in the realization of God is the ego — the 'I'.

And there's the ocean of 'karma' and 'maya', or delusion, to cross as well.

These are what we are all struggling to shed. It is not something we can do using the mind power or any other psychic powers we may have attained over ages of meditation and practices. Whatever empowers the 'I' takes one further away from that which is brilliantly hidden from the lower self.

The lord — Natarajah, Shiva, or whatever else we may call Him — will dance around in his full glory only when the 'I' is suppressed under His feet.

If 'I' am this and 'I' am that and it's 'me' doing anything on the planet, how am 'I' ever going to find It — which is the real 'doer' behind the many veils of maya?

The only thing that can lift the veils is 'brahma jnana' or the wisdom of the Self. Which can come only through a complete purification of the mind or 'citta suddhi'. The one and only path leading to that is dyana or meditation.

Dyana is a state. The definition of a state in yoga is beyond techniques. You cannot technically truly teach anyone to be in a meditative state. But you can teach the techniques that bring a person to a meditative state. — Master.

This is what the spiritual masters like Vallalar, Sangkaracharya and Buddha have taught mankind. Master Mani guided us through 33 techniques. What is the need for so many you wonder?

Every single moment is a revelation and everything we do or don't do is meditation ... provided we are aware of the presence of God in everything, that is. In waking state, we need a technique to remind us of Him beyond the muddle of the ever active thoughts. When walking or talking, there are techniques to feel Him in every tiny movement. When doing some work, there's a technique to be aware of the real 'doer', and just be a witness. When sitting down with a purpose to meditate, there's a technique to be totally involved in the process.

One of the techniques is listening to the various sounds of 'anahata nada'. With practice, one would be able to discern different kinds of sounds from musical instruments to sounds of thunder and finally the sound of 'OM'. The sound of creation itself. According to Master, with continuous concentration on the sound, one will be able to annihilate the mind. When this happens, one would become one with the 'para brahman'.

What happens in meditation?

In meditation, there's a kind of 'gripping' feeling in the area where the spine is and a sort of higher awareness opens up. There's only stillness and heightened awareness.

In that state, there's simply no place for thoughts, feelings, or the world even (or me or you for that matter). With it, a supreme kind of an extremely beautiful feeling makes its presence felt. You feel absolutely calm and one-pointed. You feel your 'self', you feel very composed and super clear. It's not something that was induced by any meditation process or any techniques. It's always there. Already present. Waiting to shine.

When that happens, I know that it's the slightest dot, an iota, a dust, in the universe of what GOD may be.

I revel (Smile).

He's beautiful, He's brilliant and He's here. He's smiling through our eyes, working through our thoughts, playing through our senses, fooling around and enjoying Himself because he's Sachidananda Parabrahman. He doesn't need anything. He's ever-living, ever-existing, ever new joy.

So, let's enjoy only HIM in:

Every look.
Every smile.
Every thought.
Every step.
Every breath.

That is what meditation is all about. A journey in bliss. And the techniques cover all these.

The next Dhyana (Meditation) Instructor/
Practitioner Course commences on:
Date: 10th June 2012 (4 Sundays)
Time: 9am - 12pm
Venue: Bangsar





Chef Yogi's Food Notes!

"Ash" - a Persian soup recipe (4-5 servings)



INGREDIENTS:

- 1/4 cup each red beans & chickpeas (soaked overnight, throw away water)
- 3 shallots, finely sliced
- 1/2 tsp. ground black pepper
- 1 tsp. ground turmeric
- 1/2 cup red lentils
- 1/2 cup chopped spring onion leaves
- 1/2 cup fresh dill leaves herb
- 1/2 cup coriander leaves
- 2 cups spinach chopped
- Fried garlic oil and mint leaves to garnish (optional)

Instructions:

In large pot, brown onions in oil, add black pepper and turmeric till fragrant. Pour in water and add red beans and chickpeas. Bring to boil then lower heat and cover to simmer (approx. 45mins) till red beans and chickpeas are soft.

Add red lentils and salt to taste. Continue to cook for 30 mins.

Stir in coarsely chopped spring onions, dill, coriander leaves and spinach. Cook for a further 20 minutes.

To serve, pour soup into tureen. Garnish with fried garlic oil and sprinkle with finely chopped mint leaves.

Note: High in iron (red beans, spinach) and protein (Chickpeas, lentils, red beans). Dill is a refreshing aromatic herb which is easy to plant and looks decorative.

SCHEDULE OF COURSES: JAN – APR 2012

JANUARY

7/1/2012	BSR	Dhyana (Meditation) Instructor/ Practitioner Course - Level 2
7/1/2012	BSR	Manipuraka Practice Session
8/1/2012	BSR	International Yoga Instructor Foundation Course
14/1/2012	BSR	Anatomy & Physiology Certificate Course Preview
29/1/2012	BSR	International Yoga Instructor Course - Intermediate

FEBRUARY

5-7/2/2012		Thaipusam 2012: Penang, Malaysia
12/2/2012	BSR	International Yoga Instructor Course - Advance
13/2/2012	BSR	Yoga Franchise Open Day
13/2/2012	BSR	Anatomy & Physiology Certificate Course
19/2/2012	DU	Yoga Franchise Open Day
26/2/2012	BSR	International Yoga Instructor Foundation Course

MARCH

3/3/2012	BSR	Manipuraka & Urdhva Retas Preview
5/3/2012	DU	International Yoga Instructor Foundation Course
10/3/2012	BSR	Pranayama (Breathing Technique) Instructor/ Practitioner Course
11/3/2012	BSR	International Yoga Instructor Course - Advance
17-19/3/2012	BSR	Pregnancy Yoga Instructor Course
25/3/2012	BSR	Manipuraka Workshop
25/3/2012	BSR	Urdhva Retas Workshop
25/3/2012	DU	International Yoga Instructor Foundation Course

APRIL

1/4/2012	BSR	Partner Yoga Instructor Course
7/4/2012	BSR	Manipuraka Practice Session
8/4/2012	BSR	International Yoga Instructor Course - Intermediate
15/4/2012	BFS	Super Yoga Kids Instructor Course
21/4/2012	BSR	Prana Vidya
26/4/2012	DU	Yoga Therapist Certification Course
29/4/2012	BSR	Anger Management Workshop

Date : 25th March 2012
Time : 10am- 2pm (Manipuraka) ,
4pm -6.30pm (Urdhva Retas)
Venue : Bangsar Studio
Telephone : **03-2260 5322**

Date : 23rd September 2012
Time : 10am- 2pm (Manipuraka) ,
4pm- 6.30 pm (Urdhva Retas)
Venue : Uptown Damansara Studio
Telephone: **03-7726 6682**

PREVIEW 3rd March 2012
6.00 - 7.00 pm

PREVIEW 1st Sept 2012
6.00 - 7.00 pm

Manipuraka & UniYoga

(Spontaneous Physical Movements) (Universal Yoga Healing)

Benefits:

- Enhance your well being and positive energy field
- Awaken healing energy within 30 minutes
- Learn to sustain energy levels by tapping into the unlimited universal source
- Experience self healing potentials
- Learn how to heal others
- Rediscover latent intuitive powers
- Tap into inner knowledge
- Experience movements of energy with full consciousness



"Manipuraka deepened my understanding of universal energy (chi or prana). I experienced self healing and can feel the flow of universal energy through me when healing others. It's very positive."

Sharon Loo

* Upon completion of the workshop you will be entitled to **unlimited free practice sessions**

Urdhva Retas Yoga

(Enhancing Sexual Health & Anti Aging)

Benefits:

- Youthfulness & radiant countenance
- Increased energy & vitality
- Tones & strengthens the male/ female reproductive system to reduce the risk of problems related to prostate, menses (irregularities, PMT, etc.), menopause, sexual dysfunctions/ phobias & weakness of the bowel system
- Cures premature ejaculation
- Gaining mastery over the sexual impulse
- More joyful physical relationships
- Improved fertility for conception & a natural way of contraception
- Sense of inner peace & balance
- Heightened mental capacity and memory
- Weight loss



5 years ago, I had a 5cm ovarian cyst removed in an operation. Unfortunately 6 months later, another cyst of 3cm and a few fibroids were detected again in my uterus. After attending Urdhva Retas Yoga Workshop, the pain reduced in frequency, my chronic constipation was cured and my menses became regular. Recently, an internal ultra-sound scan result confirmed that the 3cm ovarian cyst and fibroids have disappeared ! I am so amazed by the wonderful benefits of Urdhva Retas Yoga.

Yuki Ng



Urdhva Retas provide a way to sublimate the sexual energy that exists on the physical plane. This sublimation allows that tremendous amount of energy to be used on the mental plane. Now we must be very clear here. In real Yoga or Union, there is no room for guilt trips or thoughts of sin when thinking about the process of sexual union. There is only energy and if we look at devotion very clearly we can see that what is known as devotion is just a higher level of sexual energy.

Jamie Spatafore



Now Everyone Can Be An Instructor!



International Yoga Instructor Course (IYIC)

Realise The Full Human Potential

Benefits:

- Hands-on approach (Up to 450 hours practical sessions)
- Teaching practicum with personal coaching
- Learn more than 400 asana variations
- Specialised technique of verbalizing instructions, public speaking, presentation and communication skills
- Learning of Yogic vocabulary
- Guided open discussions on theories and practical
- Karma Yoga (community service) activities, teaching assignments & involvement with yoga related projects
- Network in the biggest health industry - YOGA!
- Learn from the best - certified Master Trainers

Foundation: 26/02/12, 05/03/12, 25/03/12

Intermediate: 29/01/12, 08/04/2012

Advance: 12/02/12, 11/03/12

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